

PARENT / GUARDIAN CONNECTION

FIFTH GRADE: TOB LESSON 5

THEME: THE CARDINAL VIRTUES

SOW THE SEED



Dear Parents,

In this Theology of the Body (TOB) lesson, your child will learn about **The Cardinal Virtues**. Implied in growth in virtue is a growth in **self-mastery** or **self-discipline**. Of particular significance are the four cardinal virtues of prudence, justice, fortitude and temperance. Even before the time of Christ, the ancient Greeks spoke of their importance, which are foundational for building healthy, holy habits. **Prudence** has a special place as the “charioteer of the virtues” (CCC 1806). It “disposes practical reason to discern our true good in every circumstance and to choose the right means of achieving it” (CCC 1806). **Justice** “consists in the constant and firm will to give [our] due to God and neighbor” (CCC 1807). **Fortitude** “is the moral virtue that ensures firmness in difficulties and constancy in their pursuit of the good” (CCC 1808). **Temperance** “is the moral virtue that moderates the attraction of pleasures and provides balance in the use of created goods. It ensures the will’s mastery over instincts and keeps desires within the limits of what is honorable” (CCC 1809).

In this lesson, your child will learn how the cardinal virtues are the virtues that help open the door to heaven. We will discuss different scenarios and how practicing the cardinal virtues would help us respond to each one. Then, they will think about ways that they can practice each of the cardinal virtues in their own lives. Your child may learn these concepts, but your good example speaks loudly! What a motivation for parents as role models, to strive to grow in virtue and live according to the Spirit!

GERMINATE THE SEED



FAMILY DISCUSSION QUESTION:

Discuss briefly the meaning of each of the cardinal virtues. Then, share with each other a time when you practiced one of the cardinal virtues.





FAMILY ACTIVITY:

Pick one of the virtues and decide as a family to practice it specifically this week. For example, to practice Temperance, you may decide that as a family you have too much screen time. Create a goal for yourselves to reduce your screen time. Use the extra time to do something together; play a game, go for a walk, read a book, etc.

FAMILY PRAYER:

Heavenly Father, we thank you for giving us the gift of the cardinal virtues. Give us the courage and strength to practice them daily. Help us to see the beauty in the practice of these virtues.

Amen.

Stay up to date with the TOB lessons your child is learning in the classroom. Look for the leaf at the bottom of your child's worksheets to see a summary of their current TOB lesson labeled "THEOLOGY OF THE BODY TIDBITS."

Want to learn more? Visit RuahWoodsInstitute.org/parents to view a TOB parent presentation.

